

**Full Report (All Nutrients) 18953, Bread, salvadoran sweet cheese (quesadilla salvadorena)**

Report Date:September 21, 2015 17:19 EDT

Nutrient values and weights are for edible portion.

**Food Group : Baked Products****Common Name: Latino food****Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving (approximate serving size) 55g	1 cake square (average weight of whole item) 399g
<b>Proximates</b>						
Water <sup>1</sup>	g	25.48	1	--	14.01	101.67
Energy	kcal	374	--	--	206	1492
Energy	kJ	1564	--	--	860	6240
Protein <sup>1</sup>	g	7.12	1	--	3.92	28.41
Total lipid (fat) <sup>1</sup>	g	17.12	1	--	9.42	68.31
Ash <sup>1</sup>	g	2.44	1	--	1.34	9.74
Carbohydrate, by difference	g	47.84	--	--	26.31	190.88
Fiber, total dietary <sup>1</sup>	g	0.7	1	--	0.4	2.8
Sugars, total	g	24.90	--	--	13.70	99.35
Sucrose <sup>1</sup>	g	24.10	1	--	13.26	96.16
Glucose (dextrose) <sup>1</sup>	g	0.00	1	--	0.00	0.00
Fructose <sup>1</sup>	g	0.00	1	--	0.00	0.00
Lactose <sup>1</sup>	g	0.59	1	--	0.32	2.35
Maltose <sup>1</sup>	g	0.23	1	--	0.13	0.92
Starch <sup>1</sup>	g	16.00	1	--	8.80	63.84
<b>Minerals</b>						
Calcium, Ca <sup>1</sup>	mg	73	1	--	40	291
Iron, Fe <sup>1</sup>	mg	0.98	1	--	0.54	3.91
Magnesium, Mg <sup>1</sup>	mg	11	1	--	6	44
Phosphorus, P <sup>1</sup>	mg	200	1	--	110	798
Potassium, K <sup>1</sup>	mg	350	1	--	192	1396

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Sodium, Na <sup>1</sup>	mg	510	1	--	280	2035
Zinc, Zn <sup>1</sup>	mg	0.80	1	--	0.44	3.19
Copper, Cu <sup>1</sup>	mg	0.030	1	--	0.016	0.120
Manganese, Mn <sup>1</sup>	mg	0.240	1	--	0.132	0.958
Selenium, Se <sup>1</sup>	µg	13.3	1	--	7.3	53.1
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin <sup>1</sup>	mg	0.020	1	--	0.011	0.080
Riboflavin <sup>1</sup>	mg	0.080	1	--	0.044	0.319
Niacin <sup>1</sup>	mg	1.200	1	--	0.660	4.788
Pantothenic acid <sup>1</sup>	mg	0.700	1	--	0.385	2.793
Vitamin B-6 <sup>1</sup>	mg	0.040	1	--	0.022	0.160
Folate, total	µg	33	--	--	18	132
Folic acid	µg	21	--	--	12	84
Folate, food	µg	12	--	--	7	48
Folate, DFE	µg	48	--	--	26	192
Choline, total	mg	36.5	--	--	20.1	145.6
Vitamin B-12	µg	0.35	--	--	0.19	1.40
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	141	--	--	78	563
Retinol	µg	135	--	--	74	539
Carotene, beta	µg	81	--	--	45	323
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	1	--	--	1	4
Vitamin A, IU	IU	584	--	--	321	2330
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	41	--	--	23	164
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.96	1	--	0.53	3.83
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta <sup>1</sup>	mg	0.09	1	--	0.05	0.36
Tocopherol, gamma <sup>1</sup>	mg	6.90	1	--	3.80	27.53
Tocopherol, delta <sup>1</sup>	mg	3.49	1	--	1.92	13.93
Vitamin D (D2 + D3)	µg	0.3	--	--	0.2	1.2

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Vitamin D	IU	14	--	--	8	56
Vitamin K (phylloquinone)	µg	11.2	--	--	6.2	44.7
<b>Lipids</b>						
Fatty acids, total saturated	g	4.612	--	--	2.537	18.402
4:0 <sup>1</sup>	g	0.160	1	--	0.088	0.638
6:0 <sup>1</sup>	g	0.028	1	--	0.015	0.112
8:0 <sup>1</sup>	g	0.017	1	--	0.009	0.068
10:0 <sup>1</sup>	g	0.060	1	--	0.033	0.239
12:0 <sup>1</sup>	g	0.046	1	--	0.025	0.184
14:0 <sup>1</sup>	g	0.174	1	--	0.096	0.694
15:0 <sup>1</sup>	g	0.020	1	--	0.011	0.080
16:0 <sup>1</sup>	g	2.396	1	--	1.318	9.560
17:0 <sup>1</sup>	g	0.028	1	--	0.015	0.112
18:0 <sup>1</sup>	g	1.581	1	--	0.870	6.308
20:0 <sup>1</sup>	g	0.046	1	--	0.025	0.184
22:0 <sup>1</sup>	g	0.042	1	--	0.023	0.168
24:0 <sup>1</sup>	g	0.015	1	--	0.008	0.060
Fatty acids, total monounsaturated	g	6.794	--	--	3.737	27.108
14:1 <sup>1</sup>	g	0.014	1	--	0.008	0.056
15:1 <sup>1</sup>	g	0.000	1	--	0.000	0.000
16:1 undifferentiated <sup>1</sup>	g	0.103	--	--	0.057	0.411
16:1 c <sup>1</sup>	g	0.094	1	--	0.052	0.375
16:1 t <sup>1</sup>	g	0.009	1	--	0.005	0.036
17:1 <sup>1</sup>	g	0.011	1	--	0.006	0.044
18:1 undifferentiated <sup>1</sup>	g	6.606	--	--	3.633	26.358
18:1 c <sup>1</sup>	g	4.742	1	--	2.608	18.921
18:1 t <sup>1</sup>	g	1.864	1	--	1.025	7.437
20:1 <sup>1</sup>	g	0.060	1	--	0.033	0.239
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	0.000	0.000
22:1 c <sup>1</sup>	g	0.000	1	--	0.000	0.000
22:1 t <sup>1</sup>	g	0.000	1	--	0.000	0.000
24:1 c <sup>1</sup>	g	0.000	1	--	0.000	0.000

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Fatty acids, total polyunsaturated	g	4.428	--	--	2.435	17.668
18:2 undifferentiated <sup>1</sup>	g	3.814	--	--	2.098	15.218
18:2 n-6 c,c <sup>1</sup>	g	3.639	1	--	2.001	14.520
18:2 CLAs <sup>1</sup>	g	0.021	1	--	0.012	0.084
18:2 t not further defined <sup>1</sup>	g	0.154	1	--	0.085	0.614
18:3 undifferentiated <sup>1</sup>	g	0.526	--	--	0.289	2.099
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.489	1	--	0.269	1.951
18:3 n-6 c,c,c <sup>1</sup>	g	0.037	1	--	0.020	0.148
18:4 <sup>1</sup>	g	0.000	1	--	0.000	0.000
20:2 n-6 c,c <sup>1</sup>	g	0.007	1	--	0.004	0.028
20:3 undifferentiated <sup>1</sup>	g	0.006	--	--	0.003	0.024
20:3 n-6 <sup>1</sup>	g	0.006	1	--	0.003	0.024
20:4 undifferentiated <sup>1</sup>	g	0.053	1	--	0.029	0.211
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--	0.000	0.000
22:4 <sup>1</sup>	g	0.005	1	--	0.003	0.020
22:5 n-3 (DPA) <sup>1</sup>	g	0.004	1	--	0.002	0.016
22:6 n-3 (DHA) <sup>1</sup>	g	0.014	1	--	0.008	0.056
Fatty acids, total trans	g	2.027	--	--	1.115	8.088
Fatty acids, total trans-monoenoic	g	1.873	--	--	1.030	7.473
Cholesterol	mg	59	--	--	32	235
<b>Amino Acids</b>						
Tryptophan <sup>1</sup>	g	0.070	--	--	0.039	0.279
Threonine <sup>1</sup>	g	0.210	--	--	0.115	0.838
Isoleucine <sup>1</sup>	g	0.300	--	--	0.165	1.197
Leucine <sup>1</sup>	g	0.650	--	--	0.358	2.594
Lysine <sup>1</sup>	g	0.500	--	--	0.275	1.995
Methionine <sup>1</sup>	g	0.280	--	--	0.154	1.117
Cystine <sup>1</sup>	g	0.060	--	--	0.033	0.239
Phenylalanine <sup>1</sup>	g	0.370	--	--	0.204	1.476
Tyrosine <sup>1</sup>	g	0.230	--	--	0.126	0.918
Valine <sup>1</sup>	g	0.430	--	--	0.236	1.716
Arginine <sup>1</sup>	g	0.250	--	--	0.138	0.998

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Histidine <sup>1</sup>	g	0.150	--	--	0.082	0.598
Alanine <sup>1</sup>	g	0.360	--	--	0.198	1.436
Aspartic acid <sup>1</sup>	g	0.590	--	--	0.324	2.354
Glutamic acid <sup>1</sup>	g	1.330	--	--	0.732	5.307
Glycine <sup>1</sup>	g	0.200	--	--	0.110	0.798
Proline <sup>1</sup>	g	0.830	--	--	0.456	3.312
Serine <sup>1</sup>	g	0.450	--	--	0.248	1.796
Hydroxyproline <sup>1</sup>	g	0.000	1	--	0.000	0.000
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9m, 2005 Beltsville MD